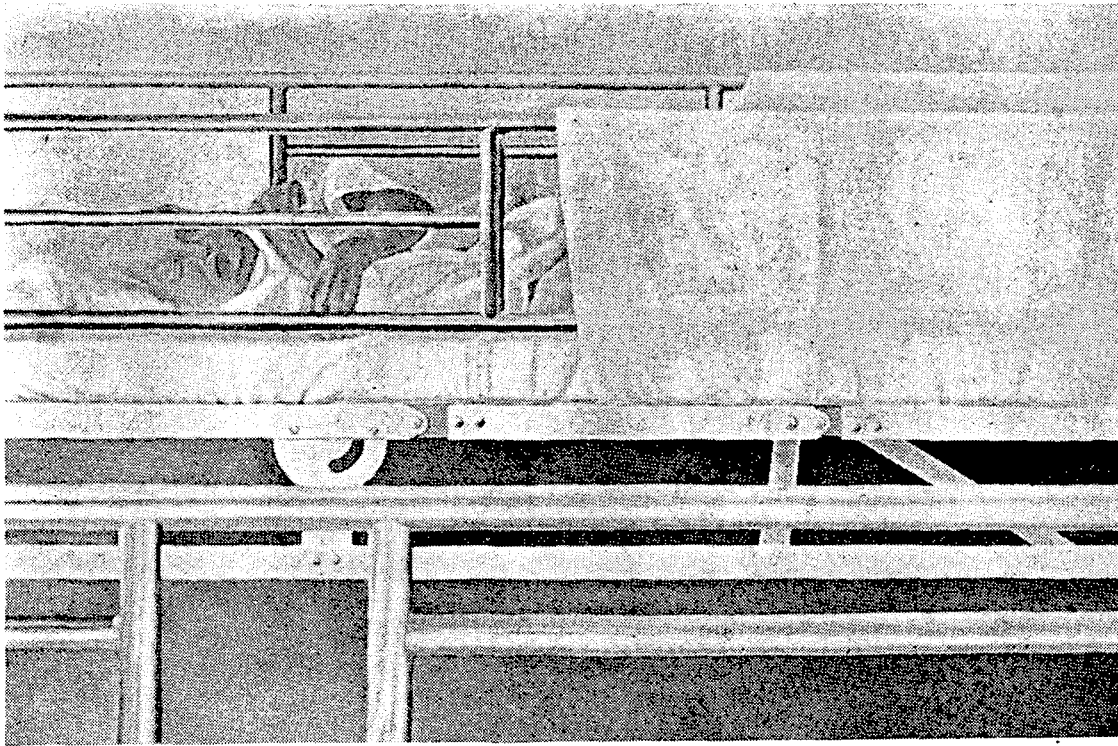


Bernal Journal

May Issue Vol. 14, No. 3

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STATEMENTS IN GREY

A show by Roy Lizama, *Statements in Grey*, opens at the Nanny Goat Hill Gallery, 3205 Folsom St., on Friday, May 6th at 7:00p.m. The show runs through May 30th. Hours: Fri., Sat., Sun. 12:00 to 5:00p.m.

Community Congress

by Nancy Walker

The Community Congress is an open process by which people can decide what is important to them and how they are going to achieve what they have decided on.

The first Community Congress in San Francisco was held on a weekend in June 1975 at Lone Mountain College. The goal of the first Congress was to bring together the hundreds of groups and individuals who work on a day-to-day basis to make our City a better place. Over 1,000 people and 200 organizations attended the 1975 Congress, and 10,000 copies of the position paper adopted at the Congress were printed and distributed that summer.

Among the scores of positions taken by the 1975 Congress was a call for

the election of Supervisors by districts. In December 1976, after the passage of Proposition T, a group of people who had worked on the campaign, and others, met and decided to begin work on a 1977 Community Congress. A city-wide Planning Committee was formed which meets regularly.

The goal of the 1977 Community Congress is three fold: (1) to organize district conventions in each of the eleven supervisorial districts; (2) to develop a city-wide program which identifies and prioritizes key issues and sets a plan for implementation; and (3) then to seek implementation of that program through ongoing district and citywide organization.

WHAT DOES THIS MEAN TO BERNAL HEIGHTS??

The city-wide Congress Planning Committee asked people from each of the supervisorial districts to form District Planning Committees to prepare for district conventions. District 9 Planning Committee first met in early January.

If you would like to become involved in this very important process and meet our neighbors from the other parts of District 9,

(Cont. on Page 2.)

District Elections

and S. F. Labor

by an S.E.I.U. Member

The enthusiasm generated by the passage of Proposition T is having a large impact on S.F. labor. In mid-March the S.F. Labor Council voted to set up an Operations Committee composed of virtually all of the S. F. unions--the Longshoremen, Teamsters and the A.F.-C.I.O. It also sent out a call to each local to select three representatives from each district to form district Labor Steering Committees.

The Labor Steering Committees will meet in each district to draw up a platform for labor and decide whether to run candidates. Each committee will work out its own relationship with the district Community Congress.

Vince Courtney (Local 400), Chairperson of the Operations Committee, stated, "Labor needs to redefine our goals and agree on a platform. We want and need some labor candidates. Crowley (Secretary of the SF Labor Council) wants that. We need independent candidates."

To date, the only candidate from labor to declare himself is Bob Barnes, President of Machinists Local 68, running in District 8. He was very enthusiastic in explaining why he chose to run. "I saw the Board of Supervisors take labor on during the strike last March. Barbagelatta is using his initiatives against the whole trade union movement. Labor and the communities have the same problems. Labor needs to meet and speak for the organized and unorganized, for the minorities and the consumer. "T" showed that a coalition can change the government."

Anyone interested in participating in the Labor Steering Committees should immediately contact their own local.

from
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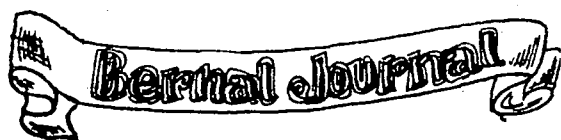
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To:

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The Bernal Journal is an open forum of the community sponsored by the Bernal Heights Association and the Bernal Fund. It is dedicated to providing the people of Bernal Heights with neighborhood news, ideas, issues and events. Editorial decisions are made by interested people who contribute. The next meeting is Wed. July 6 at 8p.m. 1621 York St. All are welcome to attend.

Editors: Greg Catani and Phil Johnson.
Advertsing: Fred Johnson and Pat Marston.

Contributors: Franca Bator, Pat Helton, Beverly Anderson, Jerry Schwartz, Rex Coultas, Shelton Holmes.

If you are interested in writing an article or working on the paper in any way, contact Phil or Greg.

Do you have a gripe or an issue that you want to share? Send us a letter to the editor and let the community hear your thoughts. Send any articles or letters to Phil or Greg, 1621 York St., 94110 or call 826-0842.

COMMUNITY CONT.

call any of the following for information, meeting times, etc:

General Information: Mike Mason-- 648-1424

Issue Workshops: Crime/Criminal Justice -- Nancy Walker 285-3188

Education -- Pat Scott 647-5361

Health -- Germaine Ward Covington 334-6182

Housing -- Susan Brier 647-4302

Employment -- Guiliana Milanese 826-9680

Public Services -- Claudia Viek

Transportation -- Bob Covington 334-6182

Youth -- Judy Forsberg

The District 9 Community Congress will be held on Sat. May 14 at St. Kevin's New Hall from 1-4 p.m. Child care will be provided and a social following the meeting will take place at 375 Highland St.

The District 9 campaign to fight the repeal of Prop. T. will also be discussed at the Community Congress. Headquarters for the Campaign to fight the repeal of "T" in District 9 will be located at 375 Highland. For more information call 285-3188.

The Community Congress is the best way we know to achieve the promise of more responsive city government through district elections. And a District Convention is the best way to involve as many of the people of District 9 in the new district election process as possible.

Community Gardening

by
Mike Corbin

San Francisco's Community Garden Project has been around for three and a half years. Its beginnings stemmed from the happy marriage between Malcolm Terrence, a visionary organic gardener, and the Department of Public Works. Today the Project serves over fifty community sites out of its headquarters in a greenhouse at Laguna Honda Home.

Gardeners from all over the city converge on the green house to take advantage of bench space and soil and flats for starting seedlings. A lath area serves to help acclimatize seedlings to outside temperatures. The greenhouse also has a fine library of gardening literature, especially books and periodicals about organic vegetable growing.

When literature and intuition fail, Roy Swanson, current project director, John Forbes, a CETA gardener and other gardeners willingly field questions and are currently publishing a newsletter about Bay Area gardening. Roy and Susan O'Neill, project assistant, are great at directing people to city agencies and funding sources for fencing and other materials.

The San Francisco Art Commission has employed twenty gardeners, including myself, for about 1½ years. We work with local schools in a teaching capacity and assist gardeners in

public housing projects. We're also a very involved with the Community Gardening Project, introducing neighborhood groups to the Greenhouse and helping them start and maintain gardens, trucking manure, soil and compost to garden sites and generally helping to provide a flow of information about gardening, funding sources, etc.

History has shown us that private lots are bad risks as community garden sites as they are eventually sold and /or developed. (Improving them seems to hasten this process.) Unimproved public lots, including road easements, are more ideal sites. Permission granted by the city to use such lot implies that there is no other use planned. The water department is willing to estimate cost of a water meter for irrigation purposes. Neighborhood initiated improvement proposals can be filed with the Dept. of City Planning to cover the cost of a meter and also materials for fencing, terracing, compost bins, benches and other such improvements on public lands. These monies are available for projects with broad community support and a community commitment to participate in building and maintaining the planned site.

If you are interested in community gardening, contact Roy or Susan at 566-1340. Myself and/or other CETA gardeners in this area are available to help. I can be reached at 295-4379.

BERNAL NOTES

A Community Congress workshop on community services will be given Sat. May 7 at the Glen Park Recreation, Elk St. off Bosworth. The workshop runs from 11:30 a.m. to 3:00 with lunch included with a donation. Subjects to be discussed include: Relations with City Departments, Services for the Elderly, recycling, and education.

A meeting about improving Holly Park is planned. Anyone interested should call Pat at 647-3665.

PLEASE COME TO A PARTY TO CELEBRATE THE PAST YEAR....To meet the people who have worked for the neighborhood during the past year....To meet the people who have made commitments for the coming year....To give and receive thanks for the meetings you have attended, the work you have done ...and to perhaps make your own commitment for the coming year.
POTLUCK..7-8..PROGRAM 8-10.

ST. KEVINS (New Hall)

Anderson St. Entrance

WEDNESDAY, MAY 11...FAMILY AFFAIR

The Bernal Heights Arts and Trades Council will hold its monthly meeting at the Free City Puppet Theatre on Wednesday May 18 at 8:00 p.m. The building is located at 605 Cortland.

The agenda for the meeting is an annual review of the Council and new project ideas and announcements. Anyone who would like to add to the agenda should call Susan evenings at 285-2287.

JOBS FOR ARTISTS

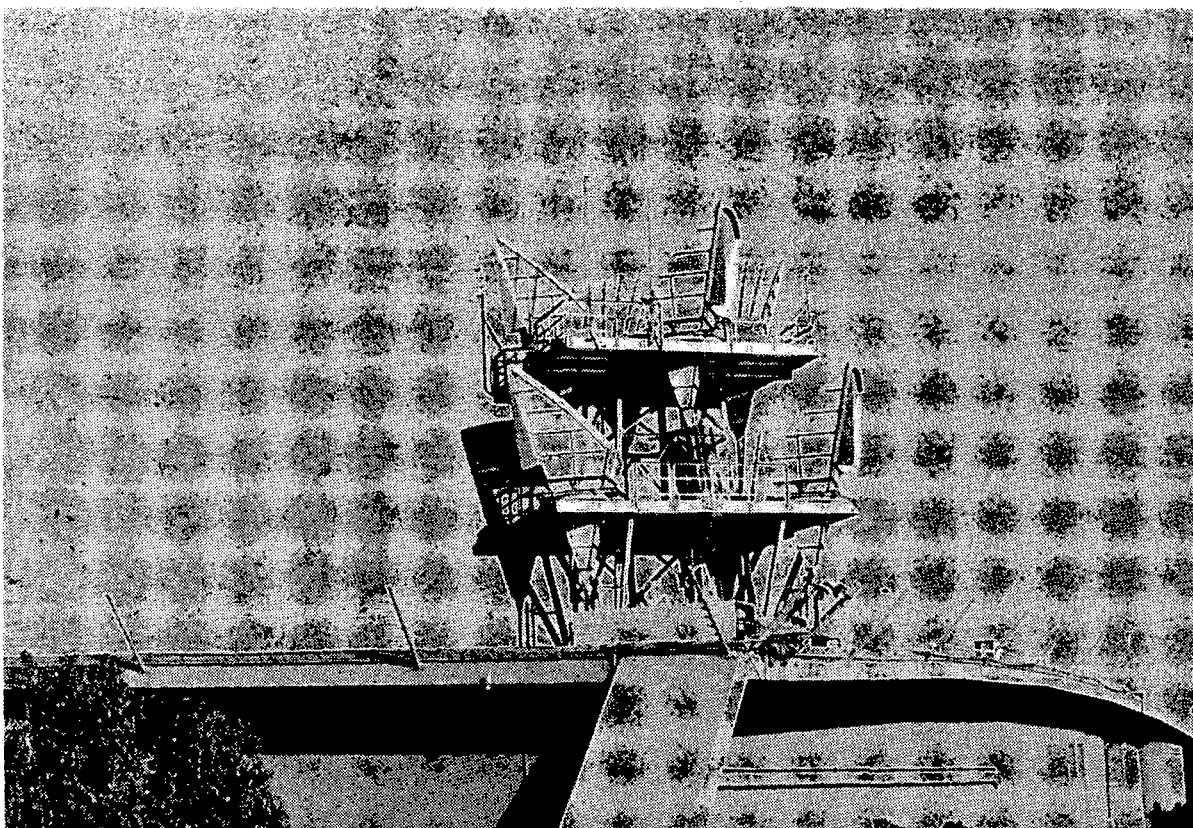
1) 2 part time teachers in dance and theatre at Lone Mountain College. Bachelor of Fine Arts necessary.

2) Arts Coordinator for the Artists in Prisons program in the San Bruno and San Francisco Jails. This position is full time.

Anyone desiring more information on these jobs should leave a message for Susan at 285-7833.

Ray Garcia, a resident of Bernal Heights is trying to organize a chess club. Anyone interested should call Ray at 824-5091.

OLD WASHBOARD like to meet New Orleans blue piano -- kicks. Fred. 826-4937



MICROWAVES IN BERNAL

By
Greg Catani

An article in the May 31, 1962 issue of San Francisco's News Call Bulletin announced the coming of the Pacific Telephone Microwave station with the headline: "Unique Plan for Bernal Heights; Ugly Hill to be Beautified." The article went on to describe how the telephone company was going to thoroughly screen the building with various shrubs and trees, so that only the tower would be showing. According to the article the company was also planning to use the earth and rock excavated in the building construction to smooth the city's quarrying scar on the south face of the hill.

The microwave facility was built on schedule, but the quarrying scar wasn't covered and the promised plantings didn't materialize until August 1966. Greta Van Prag, a resident of Bernal Heights, wrote a letter to the president of Pacific Telephone after she and other members of the Bernal Heights Association had failed in efforts to have the company provide the promised plantings. The president of the company, E.H. Wassen, visited the area and shortly thereafter the trees and shrubs were planted.

On the invitation of Rich Chaney, who is in charge of maintenance at the facility, I was given a tour and explanation of the function of the microwave station which so dominates our hilltop. Walt Kendall, the transmission superintendent of the station, explained most of the technical details.

The basic purpose of the station is to transmit long distance phone calls and television services via microwave radio signals. The Bernal station is one of many similar stations which are spaced every 20-30 miles on moun-

tain peaks or hills. The station has three horn antennas which transmit

south along the coast, east to the East Bay and north to Santa Rosa. The station also receives signals from these directions and relays the messages to the city of San Francisco by an underground cable.

The building below the antennae is filled with very complicated-appearing electronic apparatus, most of which is automatic. The employees who work at the station perform mostly preventative maintenance and repair work. The exception to this is when television programs are fed through the facility. In these instances, the actual picture must be monitored by someone at the station to insure that the transmission is clear. Mr. Kendall explained that the t.v. networks order through the phone company when they want to transmit through the microwave station.

The building itself is only two stories, one above and one below ground. The facility is equipped with an emergency power generator and a back-up system of batteries to supplement the standby system.

Originally the building site was to be open to the public and have no fences, but vandalism forced the company to encage the facility. Chaney said the gate at the foot of the drive had been repeatedly broken and bullet holes shot through the antennas.

The city of San Francisco also has radio antennas at the site and a separate radio room. The forty acres at the top of the Bernal Hill surrounding the station were transferred from the Department of Public Works to the Park and Recreation Department on August 10, 1972. This land will be kept as open space with no improvements in the immediate future.

MENTAL HEALTH

The inflexibility of the civil service system, the problems with making the system responsive to neighborhood needs, and the rising costs of health care are a few of the many reasons that Community Mental Health Services are looking into the possibility of contracting for services through the University of California, S.F. for the Southeast portion of the city including Bernal Heights.

The Community Advisory Board with three representatives from Bernal Heights (Christine Axelrod, Clara Norman, and Ruth Prael) have ok'd the concept, but it is a long way from being a reality. One of the main reasons for the ok was the flexibility of the contractual services with U.C. as opposed to the function in the civil service bureaucracy. This realization became obvious when a change in directors over a year ago continued to leave the neighborhoods and some staff in the Community Health Services frustrated with the cost and type of care available.

The Community Advisory Board's pleas for more meaningful programs have some support in the present system, but needed changes have not been forthcoming. The cost of providing patient care is disproportionately high with some costs estimated at approximately \$65 per patient visit. The reason is simple mathematics--expensive personnel and not enough patients.

This is all in the way of describing how we got to a point of supporting the concept of a contract with U. C.S.F.

Contracts can be written with very specific services, timetables, and evaluation parts written into them. If a contractor fails to keep up his commitment, a request may be made to terminate the contract. Even the Advisory Board can request cancellation. The sense is we might have more control. This is in the planning stages and people interested in commenting on it, please write to the S.E. Mental Health Center Community Advisory Board, 2601 - 20th Street, S.F., 94110.

Ruth Prael

TM Lecture

An introductory lecture on the Transcendental Meditation Program will be given by a qualified teacher, Francesca Bator, on Tues. May 24 at 8:00p.m., 1621 York St.

The TM technique is a simple natural procedure that expands awareness, develops clear thinking and perception and provides deep rest. The technique is practiced 20 minutes twice daily. For further information about this lecture call Francesca at 826-0842.

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